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Millennials taking their own path to adulthood

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TEAM EFFORT

Redblacks defeat Saskatchewan Roughriders convincingly, by a score of 35-13. metroSPORTS

Ottawa Redblacks' Jeremiah Johnson runs the ball for a touchdown during second-half CFL action on Sunday at TD Place Stadium. The Redblacks head into their second and final bye week of the season. JUSTIN TANG/THE CANADIAN PRESS

Abrupt closure of daycare draws protests

EDUCATION

Parents forced to transfer children to other schools

Haley Ritchie
Metro | Ottawa

Families are planning on gathering Monday for a last goodbye to Lowertown's francophone Beausoleil daycare, slated to close indefinitely in September.

Parents were told July 8 that the daycare, which has been operating for 45 years, would be closed at the end of August due to renovations that need to be made to the aging building, owned by Ottawa Community Housing.

The notice given for the renovations meant it was too late to relocate the daycare, and parents were forced to transfer children to other schools nearby.

Since then parents have been protesting the decision with a group called SOS Beausoleil.

The city responded to parents in a letter last week, saying it tried to keep the school open but could not.

Also, the city said there were many vacant francophone spaces in nearby daycares where students could be transferred.

"The temporary suspension of service at the Beausoleil location is final," reads the letter, sent by Mary Jane Coburn from the office of community and social services.

SOS Beausoleil will make a last stand on Monday, starting at 4:30 p.m. outside the Centre éducatif Beausoleil building at 333 York St.

"Organizers encourage all Ottawa residents, francophone and anglophone, to make their voices heard at this event," reads a press release sent out by Mary Unan, a spokeswoman for CUPE Ontario.

"SOS Beausoleil argues that the decision to close this important municipal resource was taken without due consideration by Ottawa city council or community consultation, and that the city refuses to commit to reopening the centre," it continues.

CLOSING INDEFINITELY

The school is set to close Sept. 1 and while renovations are expected to take two years, there's no reopening date.

The school was one of three francophone daycares in the city.

Of the 49 childcare spots at the centre, 46 were subsidized for low-income families.

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Your essential daily news

BitGold app to make it easier to own gold. **Business**

ELECTION 2015 RIDING PROFILE: OTTAWA SOUTH

Liberal candidate David McGuinty

Michael Woods
Metro | Ottawa

PATRICK DOYLE/THE CANADIAN PRESS

As federal ridings go, Ottawa South has been as red as they get. The Liberals have held it for its entire 27-year existence.

But four-time incumbent David McGuinty says that doesn't affect how he campaigns.

"I've always run a campaign as if I'm 20 points behind," he said. "I'm not entitled to anything."

McGuinty was first elected in 2004. The closest he has ever come to losing was in 2006, when the Conservatives pitted sponsorship scandal whistleblower Allan Cutler against him. He won by 4,000 votes.

"The campaign's a really wonderful opportunity to go back and listen to people," McGuinty said.

So far this campaign, McGuinty has been emphasizing its unnecessary length, arguing the 78-day marathon campaign will cost the public an extra $200 million.

"This is a very partisan decision taken by Mr. Harper to try and advantage himself at a time when he knows more and more Canadians are losing trust in him," he said.

Apart from that, much of McGuinty's focus in a half-hour phone interview is squarely on the Conservative government for, in his view, shortchanging the nation's capital.

He said changes to government procurement have "wreaked havoc" on the riding's many small businesses, "because the government in its wisdom decided to pursue multi-year, multi-billion dollar contracts with a smaller number of suppliers.

"They're now forced to be subcontractors to large companies, and their margins are being squeezed."

And he said public servants — of whom there are many in the riding — are "beyond despondent" about the current government.

"We are going to return to fair and open collective bargaining with our public servants," he said, adding that the Liberal pledges of ending the practice of omnibus budget bills and making the Parliamentary Budget Officer an independent officer of Parliament, among other measures, are resonating with public servants.

He criticizes the Conservatives for not saying whether they will help fund the proposed LRT connection to the airport. While he stops short of committing that the Liberals would fund it, he suggests he would push hard for it.

He also says the capital isn't getting its fair share of innovation funding, and he wants the federal government more involved in planning the country's 150th anniversary celebrations in the capital.

FACTS & FIGURES

Ottawa South has been a Liberal stronghold since its creation in 1988. Former cabinet minister John Manley held it until 2004, when David McGuinty was first elected. He has since been re-elected three times. The suburban riding is bordered on the north and east by the Queensway, on the west by the Rideau River and on the south by Leitrim Road. The riding has a population of about 120,000 and is economically and culturally diverse (it has the largest Arab population of any Ontario riding).

Candidates:
Dev Balkissoon, Conservative
George Brown, NDP
David McGuinty, Liberal
John Redins, Green
Damien Wilson, Libertarian

2011 results:
David McGuinty, Liberal: 44%
Elie Salibi, Conservative: 33%
James McLaren, NDP: 18%
Mick Kitor, Green, 3%

NDP candidate George Brown

George Brown is no stranger to Ottawa South voters — he was a city and regional councillor for nine years and has sought political office twice since.

Now, the lawyer and longtime community leader aims to convince them that the NDP is the best choice for progressive voters.

Brown said he thinks Ottawa South voters want Stephen Harper gone, and the days of the riding being Liberal by default are over.

"We are the strategic choice in Ottawa South if you want to get rid of Mr. Harper, and that's never existed before, those circumstances."

Brown, who has lived in Mooney's Bay for nearly 50 years, has political and community credentials. A former president of the Ottawa Community Loan Fund, he is a small business advocate. He founded Ottawa Riverkeeper, the well-known environmental group. He advises ACORN and sits on a United Way committee.

Like other NDP candidates in ridings with incumbent Liberals, Brown is raising Bill C-51, the government's anti-terror legislation which the Liberals voted for, as a key issue.

"It's unacceptable for any party that claims to have respect for the Charter to even have voted for that," he said. "We're committed to repealing it."

He also wants to make it easier to reunite Canadians with family members abroad, and vows to ensure public servants don't have their benefits "clawed back."

Brown ran for the provincial Green Party in 1999 and sought the federal Conservative nomination in 2007. He doesn't apologize for his political evolution. He ran for the Green Party because the other parties' environmental policies weren't up to snuff, and later sought the Tory nomination because of his belief as a small business advocate in fiscal responsibility and balancing the budgets.

But the 2008 economic downturn changed everything. He said "Conservative ideology" led to the recession. Meanwhile, the NDP became established as a serious social democratic alternative.

"This is not the day of our grandparents where you voted Liberal your whole life and you continued to," he said. "This is a new and exciting dynamic."

MICHAEL WOODS/METRO

CONTRIBUTED

TORSTAR NEWS SERVICE

Conservative candidate Dev Balkissoon

To political observers, Dev Balkissoon would seem to have a tall task ahead; he's the Conservative candidate in a riding the Liberals have never lost.

But Balkissoon is undeterred. Ask him why he's running and his response is earnest.

"I'm a father, I've got a couple of kids. Every day I see them grow and develop, and they've got a lot of potential," he said in an interview at his campaign office. "I hope that we can build a community here, a country and a world that matches their potential. And David McGuinty and Justin Trudeau are not up to that task."

Balkissoon lives in Alta Vista with his wife and their two children. He volunteers at his family's church and is on the local school's parent council.

His background is in finance and accounting — "I actually know how to balance budgets" — and he owns his own financial consulting firm. He said owning his own business has given him insight into the benefits of a low-tax plan and a strong economy.

"I obviously have a strong belief that Stephen Harper's the steady hand for the economy that we need," he said.

He argues that part of an MP's job is to reflect the values and beliefs of his community. Ottawa South is a large suburban riding with a lot of young families and a lot of seniors.

"I've got aging parents and I've got little kids at home. So I understand those values," he said.

Balkissoon said he doesn't think the infrastructure development in the riding has matched its growth over the past 25 years or so. He said with federal infrastructure dollars available, he wants to work with other levels of government.

"I'm hopeful that we can work with the other levels of government. They've had years to work on these issues and haven't made much progress."

MICHAEL WOODS/METRO

A kick, a cause, and a memory

TERRY FOX

Icon's brother reflects on historic kick 35 years past

When Terry Fox ran onto the field at Lansdowne Park on July 1, 1980 to the sound of 16,000 cheering fans, his brother, Darrell, couldn't help but be moved.

Darrell was 17 at the time and was accompanying Terry — who is today a Canadian icon — on his Marathon of Hope across the country to raise money for cancer research. He had made his way from Newfoundland, crossing into Ontario at Hawkesbury before arriving in Ottawa, where Darrell says Terry gained momentum from the support he received.

Terry was set to do the ceremonial kickoff at the beginning of an Ottawa Rough Riders pre-season game, but wasn't sure what kind of reception he would get.

"Terry was a little anxious because he didn't know how he would be received," Darrell Fox told Metroland Media in an interview.

But when Terry ran onto the field, "he was flying. And the fans reacted to that and cheered very loudly. It's a memory that's ingrained in me 35 years later."

The entire crowd rose to their feet to give him a rousing standing ovation. Even players were touched by the moment.

"They were so moved by what they were witnessing there were some players with tears in their eyes," he said.

After the game, the players gave him a signed football, now on display in the Canadian Museum of History.

Darrell decided to commemorate the moment at Lansdowne Park 35 years on, by conducting the ceremonial kickoff before Sunday's RedBlacks game against the Saskatchewan Roughriders.

The 1980 kick was one of a number of special moments Terry experienced in Ottawa that helped propel him forward, Darrell said.

"Ottawa was huge in terms of the response and reaction to Terry. It elevated him," he said. "He was full of motivation when he saw he was being received so well. Seeing it come together like that in Ottawa was very special."

Terry was forced to end his run outside of Thunder Bay, Ont., after cancer spread to his lungs. He died on June 28, 1981.

Since then, the Terry Fox Run has raised more than $700 million for cancer research. This year, the run is set for Sept. 20.

"It just seemed like Terry was bringing a nation together around a common cause and that's what I witnessed for three months," Darrell said.

"The days were long and I was often sitting in the van or the back of a car collecting donations. But the memories are one of a lifetime."

ALEX ROBINSON/METROLAND MEDIA

> **He was flying. And the fans reacted to that and cheered very loudly.**
> Darrell Fox, recalling a moment from his brother's Marathon of Hope

Terry Fox made a ceremonial kickoff at Lansdowne on July 1, 1980, before an Ottawa Rough Riders game. THE CANADIAN PRESS

HEALTH

Organization a new resource in world of holistic health care

Haley Ritchie
Metro | Ottawa

Starting at the end of September, people interested in holistic medicine and products will have one, easy-to-access source to find out the resources available in Ottawa.

Lise Desjardins is the president of the Ottawa West chapter of the Holistic Chamber of Commerce set to launch September 29.

Like the Ottawa Chamber of Commerce, the organization is focused on providing more opportunities for business validation and networking — but for those guided by holistic philosophy.

"You're not just benefiting yourself. The holistic concept is to better everybody, for the great good of all," said Desjardins.

The term "holistic" can be hard to define, but Desjardins and business partner Pesi Shroff said at the core, it's a philosophy that tries to consider all parts of a problem.

In a health-care setting, that means holistic practitioners often try to help a patient change their lifestyle in addition to taking medication. Many people who practise acupuncture, energy healing and naturopathy consider their treatments holistic.

Shroff and Desjardins said while those kinds of businesses will make up the bulk of members, the holistic philosophy is gaining steam in other fields as diverse as accounting and tech.

"We embrace all," said Shroff, a Reiki massage master and the organization's vice-president.

As an example, Desjardins said a lawyer interested in joining has approached her because her law practice values its place in the community and the environment.

Businesses interested in joining the group will pay a $177 membership fee and will be vetted to assure they meet the criteria.

Lise Desjardins. CONTRIBUTED

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5 THINGS AT OTTAWA CITY HALL THIS WEEK

Lucy Scholey
Metro | Ottawa

1 When you gotta go, tap this app

The cross-legged among you desperately seeking a public washroom may soon need look no further than a smartphone screen. On Tuesday, the finance and economic development committee will consider developing a new "Where to go app," complete with a map and list of washrooms at your, er, disposal. Bathroom bonus: a first phase of the app would include information on potties that are accessible, equipped with diaper-changing stations and big enough for a stroller.

2 Cleaner sidewalks

Following a snowfall, plows commonly clear school bus zones. But Rideau-Vanier Coun. Mathieu Fleury has asked city staff to also consider clearing sidewalks where parents drop off their kids. On Wednesday, city staff will ask the transportation committee to explore this option in its winter operations review..

3 Mayor Jim Watson

With an expected $41-million deficit projected for the end of the year, Ottawa Mayor Jim Watson is sure to face many questions at Tuesday's finance and economic development committee. The mid-year capital and operating budget report, which lays out the figures, will be before the committee that day.

4 Pop-up patios

Some restaurants, pubs and boutiques could convert their parking spots to pop-patios or little parks. City staff are recommending a one-year "Streetside Spots" pilot project for 25 businesses. Parking spaces could be used for seating, games tables, vending stalls, bike parking or patios. This plan is going before the transportation committee on Wednesday.

5 LRT

This is for those of you keenly eyeing every detail of the light rail transit project. This time, the finance and economic development committee will receive a preliminary engineering plan for the second phase of the plan, which is due to start in 2018.

PUBIC WORKS

Heavy snowfall could contribute to budget deficit

A stormy start to the winter season could have city staff scrambling for winter cleanup dollars in the face of an expected year-end $17.7 million public works deficit.

Heavier-than-usual snowfalls and late storms in the first quarter of the year are largely to blame for the piling deficit.

The figures are laid out in a mid-year capital and operating budget report that's to be tabled at the finance and economic development committee on Tuesday.

If the start to the winter season at the tail end of 2015 — between October and December — is normal, there should be room in the budget for clean-up costs.

Other factors in the public works deficit include higher costs for arbitrated contract agreements and insurance claims.

At least some of the snow-clearing deficit could be offset by the city's winter maintenance reserve.

That account is expected to sit at around $4.2 million by the end of the year.

As other media reported earlier this week, the City of Ottawa's overall projected year-end deficit is about $41 million.

Heavier-than-usual snowfalls and late storms in the first quarter of the year are largely to blame for a piling deficit.
METRO FILE PHOTO

This is largely due to the $34.5 million deficit in tax-supported city services.

The water and sewer deficit of $6.8 million makes up the rest, with last winter's frozen water pipes and lower water and sewer consumption being the main factors.

Also contributing to the deficit is a new provincial government requirement to include six work-related cancer treatments for firefighters in the Workplace Safety and Insurance Act.

This includes prostate, lung, skin and multiple myeloma, testicular and breast cancers, which will be phased in over four years. It's expected to have a $4 million impact on this year's budget.

As has been previously reported, a new deal between the city and its largest union, CUPE 503, is weighing on the deficit.

The agreement with inside and outside workers will cost $9.88 million more than was previously budgeted.

City staff are saddled with finding money to return to reserve funds, which will help offset the deficit.

Many capital projects recommended for closure — including the Sussex Dr. overhaul, Stittsville Main Street work and affordable housing in Orleans — should free up about $1.5 million for the city wide reserve fund, contributing to the overall expected total of $11.4 million.

Ottawa Mayor Jim Watson, who chairs the finance and economic development committee, was out of the office on Friday.

However, his spokesperson, Brook Simpson, said the mayor was working with senior staff to find "both short-term solutions" to balance the books and longer-term solutions as part of the 2016 budget development effort."

LUCY SCHOLEY/METRO

MORE BUDGET DEFICIT FACTORS

- **Fire services - $4.7 million**
Reason: Savings from staff turnovers were lower than expected, plus the $4-million costs to the Workplace Safety and Insurance Act for new work-related cancers.
- **Paramedic Services - $4.9M deficit**
Reason: Again, savings from staff turnovers were lower than expected, plus arbitrated contract awards and additional costs for ambulance supplies due to higher call volumes.
- **Bylaw Services - $1.4M deficit**
Reason: Lower revenues from parking fines and arbitrated contract awards.
- **Parks and Recreation - $2.0M deficit**
Reason: Lower arena rental revenues because of shutdowns for maintenance, plus lower sponsorship revenues.
- **Solid Waste Services - $0.6m deficit**
Reason: Lower commodity fees for recycled goods. However, there will be a $1.9 million surplus from tipping fees, as a result of more garbage disposed at Trail Road.
- **Housing Services – $0.5M deficit**
Reason: Increased demand for emergency shelters.
- Social Services – $1.2M deficit
Reason: Costs of implementing the Social Assistance Management System (SAMS).
- **Child Care Services – On Budget**
Reason: With full-day kindergarten, fewer parents are seeking out subsidized childcare spots.
- And included in non-departmental accounts, the Rideau Carleton Raceway has a $0.5 million deficit because of lower gaming revenues.

The move to a new $3.7-million-US program has made CHEO a leader in Canada, with its outreach clinics receiving a prestigious stage-six electronic health-records designation from the Healthcare Information and Management Systems Society. STEVE COLLINS/FOR METRO

Paperless hospital applauded

MEDICINE

Epic software upgrade to save headaches, money, lives

The regional children's hospital is one of just a handful of hospitals in the country that are fully adopting a new searchable and shareable electronic health-records system.

The move to the new $3.7-million-US software system, known as Epic, has made the Children's Hospital of Eastern Ontario (CHEO) the first hospital in Canada to see its outreach clinics given a prestigious stage-six electronic health-records designation from the Healthcare Information and Management Systems Society, which analyzes IT-related health-care data.

"We went from a complete paper environment to a paperless environment in about 18 months," said Dr. Jim King, CHEO's chief medical information officer.

CHEO's medical staff hope to use real-time information inputted into the new system to make better clinical decisions, improve outpatient care and even save more lives.

"Our overarching theme is to have one patient, one chart — so everything is in one record," said King, who is overseeing the system's implementation. "We have multiple records across the organization or multiple places where information could exist."

CHEO's outpatient clinics, which fielded more than 161,000 visits last year alone, first began transferring over to the new system in October 2013.

Epic will especially benefit patients with long-term and complex health conditions, such as diabetes and inflammatory bowel disease, replacing reams of paper files with the high-tech, intuitive database.

CHEO is already reaping significant returns on the record system, including a two-per-cent reduction in test duplication and a three-per-cent decrease in medication errors.

"Previously in our ambulatory system, all our prescriptions were written on paper," said King. "When I would write a prescription for my patient, I would need to remember that the patient is on three different medications and two of them could have an interaction."

Doctors could only hope pharmacists would then spot any potential medication issues.

"Now the system actually checks for allergies, for duplications, that we don't order the same medication twice," King said.

Epic also comes with a patient health portal that parents will be able to access to track their child's medical information, see lab results and appointments and use it to ask doctors questions. The portal is currently in place for diabetes patients, but the plan is to expand it to other clinics.

"And in the future (parents and patients will) be able to answer questionnaires through it, provide pre-assessment information before they come into the clinic," said King.

> **Our overarching theme is to have one patient, one chart — so everything is in one record.**
> Dr. Jim King, chief medical information officer

The system will ultimately mean less testing and needles for patients, he said, adding that parents will also receive alerts when patients are due to undergo additional testing.

The hospital has already seen financial savings, though just how much won't be known until the system is fully implemented.

"In general, you do see a return on your operating margin, and we have seen some savings," King said. "We're paying for less transcription. We don't need to store as many records."

The change, however, doesn't mean CHEO will be shredding its paper patient records any time soon.

As a children's hospital, it keeps all patient records for 43 years.

"We have never gotten rid of a record to date," King said of CHEO's paper files, which are stored off-site.

ERIN MCCRACKEN/METROLAND MEDIA

SPREAD

Epic is now in place at 43 clinics, including those specializing in pediatric medicine, diabetes, urology, concussions and neurosurgery.

Another six get Epic in October, and two more will be integrated by the end of the year. Another two, including the pre-assessment operating room clinic, will go paperless when Epic is fully integrated in the rest of the hospital within the next two to three years, including at its inpatient and emergency departments.

Tougher security at courthouse

Visitors to the building must pass through a metal detector, as police implement new procedures. HALEY RITCHIE/ METRO

PUBLIC SAFETY

New measures will include increased staff, X-ray machine

Joe Lofaro
Metro | Ottawa

Visiting the Ottawa courthouse will soon feel a lot like going through security at an airport.

As new safety measures take effect starting Monday, police — who are in charge of security at the Ottawa courthouse — are reminding people several items are no longer permitted inside the building.

"You may be asked to leave the courthouse and return without the items, or you will be required to surrender the items prior to entering. Surrendered items will not be returned," reads a notice on the Ottawa police website.

Those items include scissors, syringes, box cutters, needles, razor blades, tweezers, and tools in excess of three inches.

Flammable items like aerosols and lighters are also banned (which might make a difficult time for smokers) and Tasers and imitation firearms are also prohibited.

Visitors to 161 Elgin St. will also have to walk through a new metal detector and their backpacks, purses, and briefcases will be scanned by a new X-ray machine at the front entrance.

"Any item that the Court Security Staff decides is hazardous or a weapon will not be permitted in to the building," reads the police notice.

The temporary entrance on Laurier Avenue will be off limits come Monday, as visitors will be forced to enter the building through the only entrance on the Elgin Street side.

The upgrades are part of the courthouse's plan to modernize security and make them more in line with the province's new standards.

While Ottawa police are in charge of security, the police services board voted last month to approve a plan to contract a security firm to hire six guards to monitor three lanes of entry at the front entrance.

Members of the public will have to pass through one of two lanes as well as "a magnetometer and X-ray systems," while the third lane will be dedicated for approved visitors with identification, according to a board report tabled in July.

IN BRIEF

Police search for suspected child predator in Calabogie

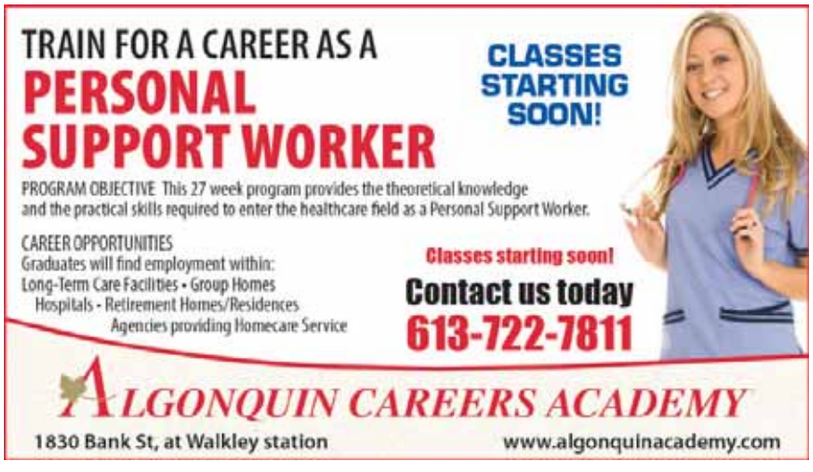
The OPP are investigating after a report of a man wearing a ski mask trying to lure 12-year-old boy into a van with tinted windows and no licence plates on Saturday in Calabogie.

Police say the incident happened on Mill Street near the community centre just before 5:30 p.m.

The suspect is described as a man five feet ten inches tall, six feet tall, and skinny.

He was wearing all black, including a ski mask. He was operating a black van with tinted windows and no licence plates. Anyone with information on this incident is asked to call the OPP at 1-888-310-1122.

JOE LOFARO/METRO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PROPERTY DAMAGE

Police HQ vandalized by man armed with traffic barrier

Haley Ritchie
Metro | Ottawa

The Ottawa police headquarters on Elgin Street was closed temporarily on Friday after a man attacked the station with a traffic barricade.

The incident took place at 6 p.m. on Friday, when a 50-year-old man lifted the top wooden portion of a yellow traffic barrier near the station.

The man smashed in multiple front windows in the station, before backing away from the building brandishing the long piece of wood.

In footage captured by Michael Fenton, the man swings the object threateningly and is quickly surrounded by four uniformed officers.

The man was subdued and arrested on the scene by officers and Ottawa Police said the investigation is ongoing.

The police station was closed for cleanup crews and reopened Saturday morning. The area of damaged windows remained covered with plywood on Sunday.

Front windows at the Ottawa Police headquarters were boarded up after a man smashed them in. HALEY RITCHIE/METRO

Ottawa fights for Fahmy

INCARCERATION

Harper faces criticism over sluggish intervention

The Canadian embassy in Cairo has officially petitioned the Egyptian government to release imprisoned journalist Mohamed Fahmy, according to Fahmy's brother.

Reached in Egypt by phone, Adel Fahmy told the Star that the Canadian ambassador to Egypt, Troy Lulashnyk, filed documents on Sunday morning to have Mohamed Fahmy either deported or pardoned.

"The ambassador has met with the (Egyptian) minister of justice today, and has also filed for deportation officially, and filed for a presidential pardon as well," Adel said.

"This is the opportune time and the most essential time for this to be done," he added.

Ottawa's decision to take a firm stance on Fahmy's release follows repeated calls from Prime Minister Stephen Harper's political opponents to take time off the campaign trail and concentrate on securing Fahmy's release from Egypt.

They both called on Harper once again to phone Egyptian President Abdel Fattah al-Sisi to personally demand the Al-Jazeera journalist's release.

"Very concretely, we are asking Stephen Harper to put aside the election campaign for a moment and call President al-Sisi directly and ask him to send Mr. Fahmy home," NDP Foreign Affairs Critic Paul Dewar told The Canadian Press.

Liberal Foreign Affairs Critic Marc Garneau told The Canadian Press Harper should contact al-Sisi and "register Canada's strongest disapproval, and in fact to make it very clear that the relationship between Canada and Egypt, which has been a good one, is in jeopardy if Mr. Fahmy has to go back to jail."

After a trial that captured international headlines, an Egyptian court sentenced Fahmy to three years in prison on Saturday.

The foreign affairs critics for both the New Democrats and the Liberals lashed out at Harper for failing to intervene earlier.

TORSTAR NEWS SERVICE WITH FILES FROM THE CANADIAN PRESS.

Canadian Al-Jazeera English journalist Mohamed Fahmy, right, listens to his lawyer, Khaled Abou Bakr, during his retrial in a courtroom in Cairo, Egypt, in June. AMR NABIL/THE ASSOCIATED PRESS

> **This is the most opportune time and the most essential time for this to be done.**
>
> Adel Fahmy, speaking about the Canadian government's petition to Egypt for the release of his brother, Al-Jazeera journalist and Canadian citizen Mohamed Fahmy

SEX ED

Class not optional: Quebec

Education on sexual matters is too important to be optional, according to Quebec's ministry of education.

The province is rolling out a new pilot project in which sex education will become mandatory for all students from kindergarten to the last year of high school, regardless of the religious or personal convictions of parents. No exceptions will be made.

The sexuality education pilot project, which will begin in the next few days in about 15 schools, will last two years, affect 8,200 students, and could be adopted by schools across the province in 2017.

The Quebec program has no lack of contentious elements, whether it's the mandatory nature of the classes, lack of training for teachers, or the absence of consultation. But children will learn about the signs of puberty and different sexual practices, whether parents like it or not.

"For the moment, no exemptions are planned," said ministry of education spokesman Pascal Ouellet. THE CANADIAN PRESS

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Liberals, Tories claim gap in NDP platform pledges

ELECTION 2015

Leader says rivals just trying to stop momentum

Tom Mulcair speaks to supporters at the Halifax World Trade and Convention Centre during a rally Sunday. JEFF HARPER/METRO

Conservatives and Liberals ganged up Sunday on perceived frontrunner Tom Mulcair, claiming there's a multi-billion-dollar hole in the NDP leader's election platform.

The two rival parties differed on precisely how deep that hole would be and on their suspicions of what Mulcair would do to dig himself out of it.

But the message was the same: the NDP is not being honest about the cost of its election program.

Mulcair dismissed both the Liberal and Conservative numbers as fictional and called them a sign of desperation by rivals trying to blunt the NDP's early momentum in the marathon campaign to Oct. 19. Many recent polls suggest the New Democrats are in the lead.

Neither the Liberals nor the Conservatives have yet released their own platforms with full costing. But that didn't stop them from doing their own math on the NDP's yet-to-be-released numbers.

Liberals claimed there's a $28-billion gap between Mulcair's promises of new spending and his pledge that an NDP government could balance all its budgets over a four-year term.

Jason Kenney, the defence minister, estimated at least an $8-billion gap in the first year of an NDP government. He said that doesn't include more than 100 other promises New Democrats have made over the past three years without attaching a price tag.

"It's something that the Conservatives are making up," Mulcair said during a campaign stop in Halifax. "I am not going to be leaving this type of debt on the backs of future generations. I'll leave that to Mr. Harper and Mr. Trudeau."

Mulcair said the Conservatives' cost estimate includes "things that have been presented long in the past" by the NDP, and which are apparently no longer part of the program.

"It's an attempt to distract from things that are real, like the fact that Stephen Harper has run up $150 billion in debt while he's been the prime minister of Canada," said Mulcair.

As for the Liberals, he said their estimate "is so fanciful that it defies description."

But Liberal MP John McCallum, a former bank economist, called on Mulcair to produce his own math.

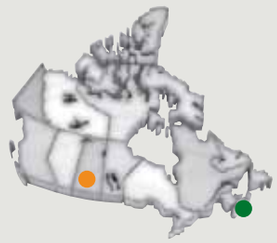
"He won't come clean about his math because the math doesn't add up," McCallum told a news conference, calling the NDP platform cost "the biggest, darkest, deepest black hole imaginable."

McCallum said Mulcair would have to slash spending or break most of his promises if he's serious about balancing the budget next year.

But Kenney suggested a third possibility: that Mulcair is secretly planning to impose massive tax hikes — in particular a carbon tax, which Kenney called "a tax on everything."

THE CANADIAN PRESS

WHERE THE LEADERS ARE MONDAY



- **Tom Mulcair** will be in Saskatoon, Sask., and Penticton, B.C.
- **Elizabeth May** will be at a rally in Halifax.

Itineraries for Stephen Harper and Justin Trudeau were unavailable.

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CHIEFS' ASSOCIATION

Police want power to seize suspicious mail

Canada's police chiefs want legal authority to seize mail in transit to stem the flow of illicit drugs, fake medicine and weapons through the postal system.

In a recently passed resolution, the Canadian Association of Chiefs of Police say contraband is being sent through the mail "with impunity" because the law forbids officers from swooping in until a parcel arrives at its destination.

A November 2012 report the RCMP prepared for the chiefs' organized crime committee revealed that firearms, grenades, a rocket launcher, stun guns, dangerous chemicals and drugs including cocaine, heroin and marijuana were sent through the mail.

Cara Zwibel of the Canadian Civil Liberties Association said she does not have serious qualms about such a legislative change as long as judicial approval is built into the process.

THE CANADIAN PRESS

WEATHER

Many still in dark after B.C. storm

Emergency crews were working to clean up the aftermath of a vicious windstorm that tore through southwestern British Columbia on Saturday, bringing trees and branches crashing down onto power lines and cars and leaving an estimated 500,000 people without power.

BC Hydro said it could take until Monday morning to restore power to some areas.

Eighty-kilometre-an-hour winds buffeted the Lower Mainland, at one point toppling a tree onto a woman in her 40s who was walking with her daughter in Surrey. The RCMP described the woman's injuries as life-threatening.

The bulk of the outages occurred in the Greater Vancouver Area, and BC Hydro said that as of 10 a.m. Sunday about 180,000 customers were still waiting for the power to be restored. The area's 911 line was overwhelmed with inquiries about power outages, prompting officials to ask residents to call only in the event of an urgent emergency.

Metro Vancouver Regional District's emergency program co-ordinator Rod Tulett said the district's emergency procedures performed extremely well so far. He described Saturday's gales as the backup system's biggest test since the district was caught off-guard by a windstorm in 2006 that battered the Lower Mainland and uprooted numerous trees in Vancouver's Stanley Park.

"After the big windstorm a lot of our facilities received significant upgrades in their backup-power capability," said Tulett. "We learned from that."

The City of Vancouver reported receiving more than a thousand weather-related calls regarding debris, damage and flooding. "The impacts of #BCStorm2015 include downed trees and power lines, flooding, property damage and widespread loss of power to city facilities and traffic lights at major intersections," said a city news release.

The Greater Vancouver Zoo also suffered extensive damage in the storm, reported the facility's general manager Jody Henderson. Powerful winds caused a number of major fences to come down, most notably the barricade surrounding the grizzly bear enclosure.

"We followed our normal emergency protocol," said Henderson. "At no time did our grizzly bear get out."

THE CANADIAN PRESS

Lucila Munaretto, 21, of Argentina, was injured in a rollerblading accident in North Vancouver on Aug. 13. THE CANADIAN PRESS

Yearning to dance again

MIRACLE

Ballerina wakes from coma, talks to friends, family

A promising young Argentinian ballerina is practising dance moves in her bed just two weeks after suffering a severe head injury in British Columbia.

Lucila Munaretto, 21, stunned friends and family when she awoke from a coma last Tuesday and spoke to them for the first time since a rollerblading accident in North Vancouver.

"She opened her eyes, said hello and she just wanted to say thank you," said Pacific DanceArts rehearsal director Katie Bois.

> **I was just so happy, I couldn't do anything but cry.**
> Pacific DanceArts Rehearsal Director Katie Bois

Bois said Munaretto's mother and a close friend were in the room when she awoke. When Bois visited her that evening, the sound of her voice moved her to tears.

"It was just so happy, I couldn't do anything but cry," she said.

Munaretto, who is living and training in B.C., was rollerblading on a steep road on Aug. 13 when she missed a stop sign and struck a vehicle.

Bois said doctors have upgraded Munaretto's brain injury to moderate from severe and a surgeon has called the lack of nerve damage in her jaw a "miracle."

The dancer is still in a neurological critical care unit and won't be moved until her jaw recovers enough for her to eat on her own, said Bois.

She said Munaretto's family, who now live in Brazil, are not wealthy. She is in B.C. on a student working visa and outpatient care and rehabilitation costs will not be covered by insurance.

Pacific DanceArts and Coastal City Ballet have launched an online fund raising campaign to help cover the expenses, raising $38,000 so far.

A recorded message of Munaretto thanking her supporters can be heard on the GoFundMe campaign page.

The talented young dancer came to Vancouver on a scholarship in the fall of 2012. Recently, she played a stepsister in a production of "Cinderella," where she stole the show, said Bois.

She added Munaretto constantly talks about dancing and is even practising steps in her bed as much as she can — pointing her toes and stretching her legs above her head — despite having a broken pelvis.

It looks more and more likely every day that Munaretto will dance again, said Bois.

THE CANADIAN PRESS

ZOO CLOSURE

Red panda's death sparks public outcry

The death of a red panda at a British Columbia zoo with a history of animal fatalities has activists calling for the facility to be shut down.

A male red panda named Rakesh died of a fungal infection at the Greater Vancouver Zoo on Aug. 17, two months after being transferred from Winnipeg as part of a program to preserve endangered species.

Rakesh, who was about 15 months old, was likely infected before leaving the Assiniboine Park Zoo, said Jody Henderson, the zoo's general manager.

She said veterinarians in Manitoba had not diagnosed Rakesh with the illness because he wasn't showing any symptoms and there was no information in his medical cards.

"This infection can lie dormant for up to six years in an animal," Henderson said.

Critics have cited the deaths of several animals at the Greater Vancouver Zoo in recent years as a reason for closing the Aldergrove, B.C., facility.

Four zebras died in 2009, followed by two giraffes in 2011, and a Siberian tiger died suddenly last year.

David Isbister, an organizer with the group Liberate GVZoo Animals, said he's been keeping track of deaths at the zoo for years and wants to see it shuttered.

Dozens of people from the group were planning to protest at the zoo on Sunday, using Rakesh's death as an "unfortunate but necessary rallying point," Isbister said.

Vancouver Humane Society spokesman Peter Fricker said the zoo has made improvements in recent years, but his organization is still against keeping animals in captivity unless there's a strong conservation reason.

THE CANADIAN PRESS

John Casson poses for a selfie with a photographer at the entrance to the embassy in Cairo. MOHAMMED ASAD/THE ASSOCIATED PRESS FILE

'Shocked' by Fahmy trial: Ambassador

FOREIGN RELATIONS

British envoy's reaction to 'free speech' case criticized

Egypt's Foreign Ministry summoned the British ambassador in Cairo on Sunday to protest comments he made after a judge sentenced three Al-Jazeera English journalists to three years in prison each for reporting "false news."

The ministry said in a statement that John Casson's comments were "unacceptable interference" in the country's judiciary, and "incompatible with diplomatic norms and practices." In a post on Twitter, spokesman Ahmed Abu Zeid said Egypt "rejects any foreign criticism of judicial verdicts."

The court sentenced the Canadian Mohamed Fahmy, Australian Peter Greste and Egyptian Baher Mohammed on Saturday, reigniting international criticism over the long-running case and highlighting authorities' crackdown on free speech.

Speaking to television cameras in Arabic after the verdict, Casson said he was "shocked and concerned by the sentences," in a case that is of "profound interest to Egyptians because it has become a symbol of the basis for stability in the new Egypt."

"I am concerned that today's ruling will undermine confidence in the basis of Egypt's stability, both in Egypt and abroad.
John Casson, British ambassador to Egypt

Several other foreign diplomats at the trial also condemned the verdict, but Casson may have been the only one to speak in Arabic to domestic television stations. The United States, the European Union, the United Nations and human rights advocacy groups and press freedom organizations also sharply criticized it.

Casson's comments were posted on the British Embassy's Facebook page and met with a wave of negative reaction in Arabic and English.

THE ASSOCIATED PRESS

PALESTINE

Video of West Bank protest goes viral

A video showing an Israeli soldier scuffling with Palestinian women and youth at a West Bank protest has been viewed more than two million times on Facebook, shining a light on Israeli military policies in the territory.

In the edited video, the masked soldier is seen holding a 12-year-old boy, his arm in a cast, in a chokehold in an attempt to arrest him.

The soldier is swarmed by the boy's female relatives, including his mother and sister, who pull at his skin and uniform and slap him.

The boy's sister, a 15-year-old who is sporting a blond braid, is seen biting the soldier's hand.

Bystanders yell, "He is a little boy. His arm is broken."

The soldier struggles with the boy, and then the female crowd, which rips the mask off his face, for about a minute before a commanding officer arrives to assist him.

The soldier then frees himself and releases the boy, angrily throwing a small stun grenade at a group of people as he walks away.

The original video, which was provided to The Associated Press by its creator, local activist and the boy's relative Bilal Tamimi, showed the same footage.

THE ASSOCIATED PRESS

"He is a little boy. His arm is broken.
Bystanders in the background of the video react to the assault

AUSTRIA

New suspect found in case of 71 deaths

A fifth man suspected of being involved in the deaths of 71 migrants found in a truck in neighbouring Austria has been detained, Hungarian police said Sunday.

The Bulgarian national was arrested on Saturday evening, a police statement said. Police said they will seek to have him held in custody on suspicion of human trafficking, but gave no further details about him.

On Saturday, a court in the central Hungarian city of Kecskemet, where prosecutors say the truck departed, placed four other suspects under preliminary arrest pending possible indictment in the case.

Three other Bulgarians and an Afghan were arrested Thursday in southern Hungary, after the truck with the dead migrants was found earlier that day parked along the Budapest-to-Vienna highway.

Austrian experts are performing autopsies on the migrant victims - 59 men, eight women and four children.

Austrian police have said the migrants likely suffocated to death. As of Sunday, 16 autopsies had been performed but there was no conclusive information yet on the cause of death, police spokeswoman Alexandra Hareter said. The process is expected to continue for several days.

The identity of the migrants remains unclear.

THE ASSOCIATED PRESS

IMMIGRATION

Border wall 'legitimate': GOP candidate

Wisconsin Gov. Scott Walker is putting a new twist on the topic of securing the border, a staple among the GOP candidates running for president, by pointing north.

Walker said in an interview that aired Sunday that building a wall along the country's norther border with Canada is a legitimate issue that merits further review.

Republican candidates for president have often taken a get-tough approach on deterring illegal immigration, but they usually focus on the border with Mexico. Walker was asked Sunday morning on NBC's "Meet the Press" whether he wanted to build a wall on the northern border, too. Walker said some people in New Hampshire have asked the campaign about the topic.

"They raised some very legitimate concerns, including some law enforcement folks that brought that up to me at one of our town hall meetings about a week and a half ago. So that is a legitimate issue for us to look at," Walker said.

The U.S.-Canada boundary is the longest international border in the world at 5,525 miles long.

Wisconsin Gov. Scott Walker

Billionaire Donald Trump is riding the issue of illegal immigration to the top of the Republican presidential primary polls. He has said he would make Mexico pay for completing a permanent wall along the border. He also says he would also end automatic citizenship for those born in the United States, a right guaranteed by the 14th Amendment to the Constitution that was originally added to grant citizenship to freed slaves and their descendants after the Civil War. His positions appear to have pushed rivals to also take strong stands on immigration.

THE ASSOCIATED PRESS

IN BRIEF

Officials confirm new Ebola death in Sierra Leone

Health officials in Sierra Leone on Sunday confirmed an Ebola death less than a week after the country's last known patient has been discharged from a hospital.

Samples from the body of a 67-year-old woman who died recently in Kambia district in the country's north.

The samples came back positive for the deadly disease, said chief medical officer Dr. Brima Kargbo.

THE ASSOCIATED PRESS

'Awakenings' author Oliver Sacks dies at 82

An author and neurologist who explored the wonders of the human brain in books like Awakenings has died. Dr. Oliver Sacks was 82.

Sack's assistant, Kate Edgar, says he died Sunday at his home in New York City.

His book Awakenings, about patients who spent years in a helpless, almost frozen state, was made into an Oscar-nominated 1990 movie starring Robin Williams. THE ASSOCIATED PRESS

Mourners pay their respects at the gas station where a Harris County deputy was shot while refuelling his patrol car.
JAMES NIELSEN/HOUSTON CHRONICLE/THE ASSOCIATED PRESS

Searching for a motive

CRIME

Man accused of killing Texas officer is due in court Monday

Darren Goforth HARRIS COUNTY SHERIFF'S OFFICE/THE ASSOCIATED PRESS

The man charged with capital murder in the fatal shooting of a uniformed suburban Houston sheriff's deputy will be arraigned this week, jail records show.

Shannon J. Miles, who has a criminal history that includes convictions for resisting arrest and disorderly conduct with a firearm, is due in court Monday. Court and jail records did not list an attorney for the 30-year-old Houston resident, and attempts to reach his family members on Sunday were unsuccessful.

His arrest Saturday came less than 24 hours after authorities said he ambushed Darren Goforth, a 10-year veteran of the Harris County Sheriff's Office, at a suburban Houston Chevron gas station.

Harris County Sheriff Ron Hickman said the attack was "clearly unprovoked," and there is no evidence so far that Goforth knew Miles. Investigators have no information from Miles that would shed light on his motive for ambushing Goforth, Hickman said.

> **We've heard Black Lives Matter, All Lives Matter. Well, cops' lives matter, too.**
> Sheriff Ron Hickman

"Our assumption is that he was a target because he wore a uniform," the sheriff said.

Miles' criminal record begins in 2005, when he was convicted of criminal mischief, giving false information to police and resisting arrest, according to records. In 2006, he was convicted of disorderly conduct with a firearm and sentenced to a maximum of 15 days in jail. He was convicted of evading arrest in 2007, and his most recent conviction came in 2009 for again resisting arrest. Records show he was sentenced to several short stints in jail, anywhere from six to 10 days.

Goforth, 47, was pumping gas at a Chevron station Friday night in Cypress, a middle- to upper middle-class suburban area of Harris County.

The killing evoked strong emotions in the local law enforcement community, with Hickman linking it to heightened tension over the treatment of African-Americans by police.

Hickman and Harris County District Attorney Devon Anderson pushed back against the criticism of police on Saturday.

"We've heard Black Lives Matter, All Lives Matter. Well, cops' lives matter, too," Hickman said.

A vigil was held Saturday night at the gas station, where members of the community were joined by law enforcement officers. THE ASSOCIATED PRESS

ENVIRONMENT

Obama visits Alaska for climate summit

Global warming is carving measurable changes into Alaska, and President Barack Obama is about to see it.

Obama leaves today for a three-day visit to the 49th state in which he will speak at a State Department climate change conference and become the first president to visit the Alaska Arctic. There, and in the sub-Arctic part of the state, he will see the damage caused by warming — damage that has been evident to scientists for years.

More than 3.5 trillion tonnes of water have melted off of Alaska's glaciers since 1959, when Alaska first became a state, studies show — enough to fill more than 1 billion Olympic-sized pools.

Permafrost is thawing more often as the ground warms, so as the ground oozes, roads, pipelines and houses' foundations tilt and shift — sometimes enough to cause homes to be abandoned. Scientists fear the thawing permafrost will unleash large amounts of trapped greenhouse gases and speed up worldwide warming.

"The state is changing and changing rapidly," said Fran Ulmer, chairwoman of the U.S. Arctic Research Commission and Alaska's former lieutenant governor.

Scientists say those things are happening — at least partly — because of another thing they can measure: Alaska's temperature. Alaska's yearly average temperature has jumped 3.3 degrees F (1.8 degrees C) since 1959 and the winter average has spiked 5 degrees F (3 degrees C) since statehood, according to federal records. The record warmth this spring has "turned the state into a melting pot, almost literally," said Jake Weltzin, who runs the USGS program tracking changes in plant and animal timing. "It's an enormous experiment." THE ASSOCIATED PRESS

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Bomb suspect's tale hard to swallow: Thai Police

BANGKOK

Investigators find more detonators, seek motive

Thai police said Sunday the man arrested in connection with Bangkok's deadly bombing was being unco-operative, possibly not telling the truth to interrogators and would remain in military custody for at least seven days.

The unnamed foreigner was arrested Saturday at an apartment on the outskirts of Bangkok, where police seized bomb-making equipment and fake passports. It was the first possible breakthrough in the investigation into the Aug. 17 blast at the Erawan Shrine, which killed 20 people, more than half of whom were foreigners, and injured more than 120 others.

National police spokesman Prawuth Thavornsiri told The Associated Press that police found "more than 200 passports" in the man's apartment, including many that were empty, and police were exploring the theory that he was part of a network that provided fake passports to migrants. He said the passports were from one country, but wouldn't say which one.

He did not explain why a passport gang might target a religious shrine.

Much remains unknown about the suspect, including his nationality, his motive, his relationship to the alleged bombing network or if he was plotting an attack, Prawuth said, adding that another attack was "possible" because police found 10 detonators.

He said police were working with "a number of embassies" and interpreters to try to establish the man's nationality, adding that he did not speak Thai but spoke some English — and the interrogation was going slowly.

"He is not co-operating much. From our preliminary investigation, we think he isn't telling us the truth," Prawuth said, declining to elaborate. "He told us how he entered Thailand but we don't believe everything he says."

Authorities have dodged questions about whether the suspect is believed to be Turkish, saying that he was travelling on a fake passport. Images circulated online after his arrest of a fake Turkish passport with the apparent suspect's picture.

> **From our preliminary investigation, we think he isn't telling us the truth.**
> Prawuth Thavornsiri, national police spokesman

"We don't know if he is Turkish or not," Prawuth said Saturday. "The passport you have seen is fake."

The Turkish Embassy in Bangkok could not immediately be reached for comment on Sunday. A Turkish government spokesman contacted a day earlier in Istanbul said he had no information on the suspect or any possible Turkish link to the attack.

THE ASSOCIATED PRESS

Government officials say this evidence was collected with the arrest of the unnamed Erawan Shrine suspect. NATIONAL COUNCIL FOR PEACE AND ORDER/THE ASSOCIATED PRESS

SIERRA LEONE

Arrest made in diamond case

Spanish authorities have arrested a businessman with dual American-Belgian citizenship who has been accused of enslavement and pillaging "blood diamonds" during Sierra Leone's civil war, a legal aid group said.

Michael Desaedeleer was arrested in Spain last week based on a complaint filed in 2011 in Belgium, said Civitas Maxima, a Geneva-based organization that provides legal representation for victims of war crimes and crimes against humanity.

The complaint from several Sierra Leone citizens details Desaedeleer's alleged crimes in the West African nation's eastern Kono district between 1999 and 2001, the group said in a statement late Saturday.

He is the first businessman to be arrested on international charges of pillaging blood diamonds and enslaving civilians, said Alain Werner, the group's director, who hailed the case as a "landmark."

Tens of thousands of people died during Sierra Leone's civil war from 1991 to 2002, during which fighters forced civilians to mine so-called "blood diamonds."

In Kono district, the Revolutionary United Front rebel group enslaved civilians in diamond pits, delivering the proceeds to Liberia's then-President Charles Taylor, Civitas Maxima said.

Taylor received a 50-year sentence in May 2012 for supporting the rebels in exchange for the diamonds.

The case against Desaedeleer could shed new light on the blood diamond trade, said Ibrahim Tommy, executive director of the Centre for Accountability and Rule of Law.

THE ASSOCIATED PRESS

SPAIN

Stone Age tomb not protected: Mayor

The mayor of a village in northwestern Spain denies his town council destroyed a heritage-protected Stone Age monument to replace it with a picnic table.

Controversy erupted after an environmental protection group reported to the region's Environment and Planning office on the destruction of a historically important, 6,000-year-old Neolithic burial site in Ardesende.

In its place, its report says, there is now a concrete table with benches.

The group says the monument, whose granite structure formed an ancient burial chamber, is listed by the regional government's heritage directorate.

But in a statement released by Mayor Jose Luis Valladares Fernandez, the mayor states that there is no record "those stones" were catalogued. THE ASSOCIATED PRESS

IN BRIEF

China seizes rare reptiles in shipment from Vietnam

Chinese border patrol officials seized 620 wild turtles and tortoises that were found alive in a shipment of frozen seafood from Vietnam, state media said Sunday.

Of the seized animals, 510 were considered endangered.

The turtles and tortoises were confiscated and handed over to China's forestry authorities, the media said.

THE ASSOCIATED PRESS

CONSTITUTION

Nepal parades for LGBT rights

Hundreds of lesbians, gays, bisexuals and transvestites paraded through Nepal's capital Sunday to demand that rights for sexual minorities be included in the country's new constitution that is being finalized.

The colourful rally in downtown Kathmandu — an annual affair — drew about 500 participants.

"Our main demand is that the rights of the sexual minorities should be guaranteed in the new constitution," said Pinky Gurung of the Blue Diamond Society, a gay rights group in Nepal.

They are also demanding same-sex marriage be guaranteed in the new constitution, permitting gay and lesbian couples the right to adopt, buy joint property, open joint bank accounts and inherit from one another.

Nepal this year issued passports under the category "others" for those who do not want to be identified as male or female.

These people who identify themselves as "third gender" have also been issued citizenship certificates by the Nepalese government.

But the community is saying only a few have been issued and it is still difficult to get them from government offices.

The parade has been held annually for the past few years on Gaijatra, a Hindu festival to remember the dead.

The much-delayed constitution draft is being finalized by members of the Constituent Assembly.

THE ASSOCIATED PRESS

LIQUEFIED NATURAL GAS

Expert warns of fracking quakes

If the liquefied-natural-gas industry proceeds as the British Columbia government hopes, there could be five times as many fracking-caused earthquakes, warns one expert.

But the company that would provide gas to a major LNG terminal — the same company found responsible for a 4.4-magnitude tremor last year — claims it won't ramp up drilling. Progress Energy said it doesn't need to increase the number of wells it drills each year to supply Pacific North-West LNG's planned liquefaction and export terminal near Prince Rupert.

"Our upstream drilling activity will remain relatively consistent with current levels over the life of the LNG project or may even decline and therefore pose no incremental risk," said spokeswoman Stacie Dley in an email.

The company paused its operations after a 4.6 magnitude quake in northeast B.C. on Aug. 17. The B.C. Oil and Gas Commission is investigating and has not established its cause. The commission has, however, confirmed that Progress Energy triggered a 4.4 magnitude tremor last August — among the largest caused by the industry in Canada.

The $36-billion Pacific North-West LNG project is a cornerstone of the B.C. Liberals' efforts to build a new natural gas export industry to Asia. It has been approved by the province but remains under federal review.

David Hughes, a geoscientist who worked for the Geological Survey of Canada for 32 years, recently analyzed B.C.'s LNG plans for the Canadian Centre for Policy Alternatives.

In order to meet the province's highest estimate of five terminals delivering 82 million tonnes of LNG a year, drilling would have to increase five-fold by 2020 — up to 2,100 wells per year, he said.

"If five terminals get built, get ready for some unavoidable seismic activity. I don't think there's any way you can stop it," he said.

Progress Energy said it doesn't need to drill greater numbers of wells each year because they can last decades. But Hughes said the structures decline quickly, with production falling up to 70 per cent after three years, and 288 new wells must be built each year to maintain current output.

THE CANADIAN PRESS

BitGold builds app to link buyers to bullion dealers

INVESTING

Software lets users transfer holdings' value to credit card

Want to buy gold as a savings alternative? Well, you guessed it, there's an app for that.

Josh Crumb, co-founder of BitGold, says he created the software that automatically links buyers to bullion dealers and storage companies because he wanted to make it easier for people to own gold as a hedge against inflation and as a store of value.

"It's just so much easier, like everything else, to do it from your mobile phone," said Crumb.

The system charges a one per cent fee to exchange cash into gold and back but storage is free. It also allows users to transfer their gold value to a prepaid credit card, so they can actually buy a cup of coffee with their gold holdings, said Crumb.

"It gives the ability without having to go to coin shops and shave off some flakes of gold to buy something."

Crumb said he and co-founder Roy Sebag were inspired by the possibilities of Bitcoin, which allows global financial transactions without going through banking systems.

Like Bitcoin, BitGold allows free transfers between users, including an international money-transfer option that is in the works. But the key difference, says Crumb, is that Bitcoin will never be a store of value while gold already is.

"We said, let's do everything Bitcoin is promising to do, but let's actually be able to do it by having a real currency."

The Toronto-based company began offering its service to the public in May and had already racked up more than 168,000 global users by the end of July, with about $7 million in transactions.

Crumb said the system should be popular with the fringe gold bugs who foresee the imminent collapse of the U.S. dollar and a rise in gold, but he wants to appeal to a wider base who will use it as a form of savings account.

"You don't buy gold to get rich like you're buying Apple Stock, you buy gold to protect your savings."

Most BitGold customers are in their forties or older, said Crumb, but he is seeing younger buyers who have never bought gold before.

"We are expanding the market because we're taking so much friction out of it."

But many financial advisers disagree that gold should be considered a prudent place to store wealth.

"The message of gold as a hedge against inflation is something that people sort of accepted as a given, but I think in the last 20 years it really hasn't been true," said Ted Rechtshaffen, president and CEO of TriDelta Financial.

He said gold has had volatile swings in value in recent years, while inflation has actually stayed quite low.

Rechtshaffen acknowledged that gold could be a good investment in countries where you can't trust your currency or government, but for Canadians it doesn't make much sense.

"I'm not saying gold is a bad investment, but gold as an alternative to cash or as a hedge against inflation, I just don't buy it."

Danielle Park, a partner and portfolio manager at Venable Park Investment Counsel Inc., has outlined her skepticism of gold on her blog.

"Gold makes no sense to me as an investment. It pays nothing, it is not essential for anything in our economy and, as an analyst I have no way of assessing its fair value," wrote Park.

She says investors should be especially wary of taking gold-buying advice from those selling it. "If you are taking your buy advice from those who are paid to sell you the investment products, you are putting yourself and your capital in harm's way."

THE CANADIAN PRESS

Josh Crumb, co-founder of the Toronto-based company, says the inspiration for their project came from seeing the possibilities of Bitcoin. COURTESY BITGOLD

> **You don't buy gold to get rich like you're buying Apple Stock; you buy gold to protect your savings.**
> Josh Crumb, co-founder of BitGold

TECHNOLOGY

Virtual reality popularity grows

A few inches above the floor, a man is suspended from a swing-like apparatus, pretending he's flying over a mountain. Around the corner, a woman is defending herself against a horde of zombies with a make-believe gun. Several feet away, two guys are seemingly racing in cars over 160 km/h. They're each, in their own way, experiencing virtual reality.

At the third annual VRLA, a gathering of VR creators and enthusiasts in Southern California, the immersive technology transported more than 2,000 attendees beyond the walls of the Los Angeles Convention Center to other countries, worlds and dimensions. A few lines to try some of the VR experiences at the one-day event required wait times of over an hour.

"It really feels like the momentum has shifted," VRLA co-founder Cosmo Scharf told the sold-out crowd. "More people care about VR today than ever before." Scharf said there are currently 733 VR companies in the U.S. and VR startups have raised more than $800 million US in funding since 2010.

While VR on smartphones is now available with headsets like Google Cardboard, Samsung Gear VR and Noon VR, regular folks interested in higher fidelity and more interactive experiences must experiment with them at events such as VRLA — that is, until higher-powered systems are released to consumers next year.

Sony and Oculus VR, which is owned by Facebook, plan to launch retail editions of their VR headsets in early 2016, while Valve and HTC are expected to release their Vive system later this year.

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metro VIEWS

Olé? No way: Spain's "summer of blood" — 8 humans dead from bull running so far — has many wondering if the sport's risks outweigh the entertainment and tourism value.

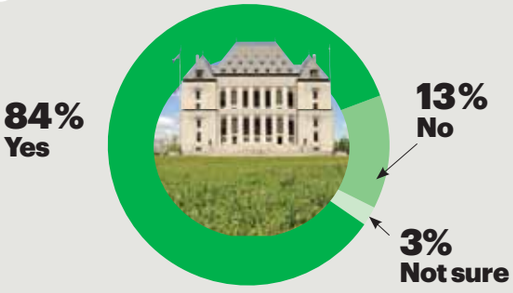
Metro MONDAY POLL

Life-and-death decisions

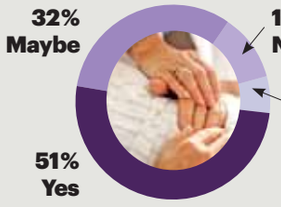
Visit metronews.ca **every Friday to have your say.**

The Supreme Court has ruled Canadians with "grievous and irremediable" medical conditions have the right to ask a doctor to help them die — and now doctors are deciding how they will answer that question. With no guarantee of federal legislation by the court's deadline of Feb. 6, 2016, the Canadian Medical Association met last week to discuss this legal, ethical and medical minefield. They've resolved that no doctor will have to do the procedure, but that it must be accessible for patients who qualify. While many of those facing painful and fatal illness such as Huntington's or ALS welcome the right to die when they choose, other people worry that the very ill and elderly will be pressured to go before their time. We asked our readers what they think.

1 Do you agree with the Supreme Court's decision?



2 Would you ever consider assisted suicide?



3 Have you told your family or friends what to do if you're too ill to communicate your wishes?

43% I don't have anything formal, but my loved ones know my wishes.
25% I've left clear written instructions/a living will.
21% I've been putting off that conversation, but I know it's important.
11% I haven't told anyone what end-of-life care I want, but I'm not concerned about it.

Let's not base city books on wishful thinking

COLLINS' CAPITAL

Steve Collins

There's a hole, there's a hole. A $41.3-million hole, that is, in the city's tidy, prudent 2015 budget, according to projections in a report that goes to the finance committee this week.

The biggest deficit, $17.7 million in public works, is mostly attributed to last winter's snow clearance operations. Even after we raid the winter maintenance reserve fund for its estimated $4.2 million, the white stuff still has us significantly in the red.

Extreme cold also exacerbated losses in our already-troubled water and sewer services. By March, incidences of frozen pipes had tripled from last year, and the city was informing ratepayers that the waiting period for fixes had stretched to five days. Projected shortfall: $6.8 million.

So there you have it. Shockingly enough, in winter, it can get cold in Ottawa. Snowy, too. But it wasn't just the weather coming between us and paying the bills.

Wage arbitration awards have bumped up the city's 2015 payroll by $9.88 million, and across several departments from fire services ($4.7 million) to paramedics ($4.9 million) to tax-related accounts ($5 million) the unexpected — or at least unbudgeted — bit us on the civic posterior again and again.

While Tuesday's committee meeting will concentrate on ways to blunt the impact of these budgeting mishaps, Coun. Rick Chiarelli last week suggested a look at how we got here, especially the effect our strict adherence to a two per cent limit on tax increases is having on city coffers.

The most prominent number in every budget of Mayor Jim Watson's tenure, after all, has been that ever-shrinking tax cap. He first won election promising property tax bumps no higher than 2.5 per cent, and tightened it to two during last year's campaign. We voted him back in with a huge honking mandate.

It's not zero-means-zero, the stiff medicine prescribed by Watson's predecessor Larry O'Brien (which forced big hikes later), but maybe after five budgets, it's not different enough from zero.

Mayor Watson's nearest competition, Mike Maguire, was proposing an O'Brien-style tax freeze, which would have put even more pressure on city services. He pulled less than 20 per cent of the vote.

No serious candidate was countenancing bigger tax increases, presumably because it wasn't seen as a vote-getter. Did they have our number?

In 2015, the overall increase was a lean 1.75 per cent overall, two per cent on the nose for residential taxpayers. But the ever-tightening squeeze caused bulges elsewhere: a 2.9 increase to OC Transpo's cash fare, for example, which Kitchissippi Coun. Jeff Leiper worried would hit the poorest riders hardest.

The budget still passed unanimously, with precious little slack for nice-to-haves like keeping beaches open during this month's heat wave.

There are indications that council support may be softening for Mayor Watson's two per cent solution. It looks good on a campaign button, but it's just an arbitrary number, and seemingly too low a number to absorb this year's surprises. Fiscal discipline is a fine thing, until it mutates into fiscal masochism.

Perhaps budget discussions for 2016 could start with what the services we want will likely actually cost, rather than just what we'd prefer to pay.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

metroview

Why picking battles makes us want to quit the social-justice fight

Matt LaForge
Metro | Toronto

We all want to make social progress, and most of us are even willing to fight for it.

One reason we don't is that picking battles is almost as hard as fighting them.

I thought of this on Saturday at the Jays' game in Toronto, where I found myself watching six police officers violently subdue a fan.

I was buying a shirt when I looked to my left and saw the police hustle a sandy-haired, ropey-muscled lad out of a bathroom and into the exit tunnel. He flailed and cursed to high heaven. A none-too-rare tableau at pro-sports venues — a routine collaring of a Rowdy Dude. An instant's distraction, nothing more.

I was returning to my seat and forgetting about the whole thing when, seconds later, I heard more yelling, turned around and saw the guy right behind me with half a dozen uniforms in hot pursuit. He'd bolted. The cops tackled him into a prone position, knees to his back, arms pressed against his neck. "Stop resisting!" "I'm not f—cking resisting!" Anguished cries from bystanders. A minute-long struggle. It wasn't fun to watch.

One of the poor guy's outraged friends started shooting video of this second phase of the encounter. In a fit of mild civic righteousness, I followed suit. Predictably, backs stiffened. To record specific police conduct is, as far as some are concerned, to impugn the police at large. A middle-aged man standing nearby didn't appreciate what I was doing and told me so. In response, I ad-libbed something about people behaving better when they know they're being watched.

Pretty big talk. You'd have thought I was shooting the Rodney King video. Not exactly. A few salient details I haven't yet mentioned: The perp, who was white, had evidently been grabbed at a vulnerable moment — his belt was undone and his unfastened pants were riding low around his thighs; one of shoes was missing; and when he was back on his feet, he yelled, "All this because of an e-cigarette, are you kidding me? You guys are f—ed!"

Seems he'd been vaping in the men's room. This was Trailer Park Boys stuff. This was the tragedy of King — and Eric Garner, Samuel DuBose, and Jermaine Carby — repeating itself as farce. It was lowest of low stakes, with posturing and overreaction on all sides: The cops threw a hockey team's worth of personnel and aggression at a clandestine e-smoker; we bystanders with iPhone cameras rolling got too full of ourselves; the police apologists turned a blind eye to pain in the name of public order; and the vaper himself acted like a political prisoner.

I spent the rest of the game feeling the shame of the overstepping busybody. It's the kind of shame that advises against involving oneself in another's business. And its lasting effect is that, when something actually important happens, nothing important might be done about it.

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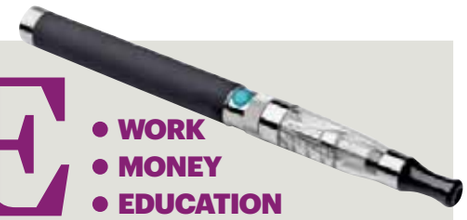


Parents not aware of e-cig dangers, study says

Megan Haynes
For Metro Canada

LIFE OUT OF ORDER

Millennials are not following the traditional path toward adulthood, but in their wayward march they may be redefining what a successful life looks like

Cherisse Feldberg, 31, still imagines her wedding day. She wants a mermaid-style dress, her bridesmaids will wear red and it'll be a small affair — a crowd that can fit comfortably in her backyard.

It's been almost six years since she got engaged, and the wedding seems increasingly out of reach.

First, her fiancé's father got sick, then they inherited the house (and the debt) in Golden, B.C., which meant pushing off the wedding for a year. Then she had a baby, and the ceremony got bumped again. And then another baby, and again, another delay. She says she wasn't financially prepared for the turn of events.

Feldberg is part of a growing cohort of millennials opting to undertake so-called markers of adulthood out of order.

A new study by TD found 52 per cent of millennials are on track to complete their life goals — but not according to their plan. And many are facing unexpected costs as a result.

One of the issues is millennials are still saving for these big expenses as though they were going to go about it in the traditional order (that is graduate, move out and gain financial independence, get married, buy a home, have a kid), says Lee Bennett, senior vice-president of TD's wealth and financial planning group.

"It's not that they have less money, they just have less time to put money away," says Bennett. What's more, many underestimate the cost of these life events, Bennett says.

For example, raising a child can run $13,000 a year, according to one estimate from MoneySense magazine. And as of July 2015, the average price of a Canadian home stands at $437,135, (up from about $150,00 in 2000).

Even the cost of education is rising — the Canadian Centre for Policy Alternatives found tuition has nearly tripled over the past 20 years, with average student debt hovering in the mid- to high-$20,000 range.

And millennials' salaries haven't kept pace, increasing only $1,000 (adjusted for inflation) when compared to their parents' generation 30 years prior, according to a 2014 study by BMO.

The recession hasn't helped, either: unemployment levels among 15- to 24-year-olds has hovered around 13 per cent since the 2008 financial meltdown. That statistic doesn't take into account youth underemployment (taking jobs for which they are overqualified), which is an estimated 27 per cent. And keeping up with everyday expenses means it can be even more difficult to save for the next stage.

The transition (to adulthood) has been stretched over time to the point where it isn't fully happening.
Johanna Faigelman, cultural anthropologist

Feldberg says this is exactly what happened to her.

"There's too many reasons to keep putting the wedding off," she says. "It would have been easier to do it in (2009) when there was no house, no kids. Now there are other priorities — we needed a new kitchen, the kids have to go on a family holiday. A wedding takes last place to everything else."

That's not to say millennials are moping about the unexpected turn of events, says Johanna Faigelman, a cultural anthropologist who studies this cohort extensively as the president of marketing research firm Human Branding.

Adulthood, she says, is a social construct: the transition from frivolous, happiness-seeking teenager to grownup contributing member of society.

"But the transition has been stretched over time to the point where it isn't fully happening," says Faigelman.

As of 2011, 42 per cent of people in their 20s lived with their parents, compared to 27 per cent in 1981. And millennials are putting off marriage as well. In 2008, the average age of newlyweds was 30 compared to 23 in 1972, according to Statistics Canada.

Yet, delaying adulthood is not necessarily by choice. One study by the Pew Research Center found one-third of millennials want to get married or have a baby, but are putting it off for financial reasons. Half of the people surveyed said they work jobs that don't appeal to them in order to pay the bills.

Psychology professor Jeffrey Arnett at Clark University in Worcester, Mass. has said changes in society (such as the need for more education, fewer entry-level jobs and a delay in having children in favour of focusing on careers) have created a new stage called "emerging adulthood."

"'Adulthood' was the end of all the foolish things like living your dream, pursuing your happiness. It meant that corner office, white picket fence and two-point-five kids," Faigelman says. But, she adds, millennials don't want financial obligations like mortgages to stop their pursuit of happiness.

Arnett's research backs that up, and while "emerging adults" tend to feel psychological instability and a sense of being "in-between," there is also a focus on identity exploration and a sense of what's possible.

One 2012 study by the Pew Research Center found 89 per cent of millennials aren't worried about being able to afford the life they want.

Faigelman reasons this is because millennials are shifting their definitions of what they want in life; what makes for a "successful" adulthood.

"(Millennials) might see the value in owning a house, but (say) 'Maybe it's not for me, I'd rather pay for experiences and travel, and have that enrich my life,'" she says.

Rather than focus on the house or wedding they wanted, but can't afford, this cohort has adapted taking the unplanned events and making them markers of success, she says.

"I still want the wedding dress, the first dance and that memory," says Feldberg of her far-off wedding. "But our priorities are saving up for a bigger home, and saving for our kids' school fund, so they can do whatever they want — that's what matters."

$ SAVINGS PLAN

Expecting the unexpected

- Bennett says it's never too early to start saving and no dollar amount it too small. "Even $25 is a good amount," she says.
- Have a plan on how to save for the next life event, she says. While a couple may intend to get married first, if that dream house comes up, at least there is some money in the bank should they want to pounce.
- This means constantly re-evaluating plans, she adds. As soon as people start realizing their life plan is shifting, it's time to revisit their savings goals. "It's not a once-and-done," she says.

MEGAN HAYNES/FOR METRO

5 THINGS TO WATCH FOR IN THE ECONOMY

Did Canada fall into a recession? That question has been the source of heated discussion in recent months. Here are five things to watch for in the news this week that might help shed light on the situation.

THE CANADIAN PRESS/TORSTAR NEWS SERVICE

1 THE GDP

On Tuesday, Statistics Canada will announce the gross domestic product for the second quarter of this year. A recession is defined as two consecutive quarters of negative growth. Some economists say Canada likely met the technical definition of a recession but without some of the classic hallmarks of a severe downturn.

2 ALBERTA FISCAL UPDATE

A financial report from Alberta on Monday should offer a glimpse into how the provincial government has been faring amid low crude prices. Finance Minister Joe Ceci will be expected to address how the NDP government plans to regain its fiscal footing. "You can't call it a Canadian recession. You can call it an Alberta recession," said Bank of Montreal senior economist Robert Kavcic. "There's still 75 per cent of the Canadian economy that's not tied to the energy sector geographically."

3 CONVENIENCE STORE GIANT

Quebec-based convenience store operator Alimentation Couche-Tard will report its first-quarter results on Tuesday. In July, the owner of Mac's and Couche-Tarde stores said its U.S. operation — where it operates mostly as Circle K — had its best quarterly performance since the financial crisis of 2008.

4 SEARS CANADA EARNINGS

The Toronto-based retailer reports it second-quarter earnings Wednesday. Things haven't looked bright for the department store chain, which posted a $59.1 million loss in the previous quarter. The company is also on the search for a new CEO after the departure of Ronald Boire — the third to leave the job suddenly in two years.

5 JOBS

Many will be watching when Statistics Canada releases the jobs figures for August on Friday, particularly as they come in a federal election campaign where the economy has been a central issue. The country's unemployment rate has been stuck at 6.8 per cent for six months, so observers will be looking out for any signs of movement.

6.8%
UNEMPLOYMENT RATE

EDUCATION

Can you get rid of student loans by declaring bankruptcy?

Kyle Prevost
youngandthrifty.ca

While obtaining a university degree is not what it used to be, if you think that not finding a good job will prevent the government from reaching into your bank account, think again. ISTOCK

I have such fond memories of that glorious stretch of days when bar tabs and restaurant receipts were no obstacle. I'm referring of course to the beginning of the school year, when summer job money hadn't yet evaporated and then the glorious lump-sum student loan cash would fall from the heavens. Of course, those fond daydreams can quickly become nightmares if student loan debt isn't taken care of properly.

Even as financially illiterate as I was, I still remember being shocked at the number of students who weren't really sure what a student loan was. They didn't totally know if they ever had to pay it back, and since seemingly everyone was getting one, they couldn't be that bad, right?

Many of us are now finding out that it can definitely be that bad. As students head back to campuses across Canada, there is no shortage of factual evidence that young Canadians are piling on debt like never before. This is bad news for them, and it could be bad news for their lender — you and me.

That's right: If you pay taxes in Canada, you're helping to lend money to students for post-secondary school, and who are deemed to need the loan.

Because the government knows we might get a little testy if our tax dollars aren't paid back, (we're already directly footing the bill for a large part of every university and college's budget, after all) it's pretty adamant that once you reach the light at the end of the tunnel and get your cap and gown, you need to jump right into your professional career and start repaying your debt.

The obvious problem is that the assumed career pot of gold at the end of post-secondary rainbow appears to be getting more and more elusive. But if you think not finding a good job will prevent the government from reaching into your bank account, you better read the fine print.

Student loan debt is one of the most difficult financial situations to get out of. Companies can use all sorts of fancy bankruptcy options to fold, restructure, or otherwise hold creditors at bay. Even credit card debt and car loans can be forgiven in a less-than-ideal scenario when someone declares personal bankruptcy.

Student debt is like that D on your transcript from that first-year course you never woke up for: It will stay with you forever. Declaring bankruptcy won't erase the debt, and the earliest most people can go about getting their student debt forgiven is seven years after they graduate.

Only in very selective cases of "hardship" (an extremely difficult status to attain) will that seven-year period be shortened to five years. Even after the seven-year mark, declaring bankruptcy, selling all of your possessions, and begging to be given a fresh start doesn't always result in a clean slate.

BOOKS

Loving your job's nice, but so's a paycheque

Raquel Laneri
Metro in New York

Listen to enough TED talks or commencement speeches, and you'll think that you should love your job and anything less is selling yourself short.

But Miya Tokumitsu wants to push back against this mantra.

"As someone with one foot in academia and the other in the arts, I would hear lots of things like, 'Oh, we're not in it for the money,' or, 'Well, you shouldn't expect to get a decent-paying job right away,'" says the Jacobin magazine contributor and art history PhD. "I think those kinds of exploitative messages come from this idea of 'Do what you love.' And they're not only unrealistic; they're also harmful."

Tokumitsu, who teaches history at the University of Melbourne, has written a book on the subject called Do What You Love: And Other Lies About Success and Happiness.

There's nothing wrong with working for money

Tokumitsu's main problem with the 'Do what you love' mantra is that it treats people who take jobs because they need to pay rent or feed their family as somewhat inferior. And, since pursuing a college education nowadays virtually guarantees you'll be saddled with enormous debt, graduates — except for the privileged few — can't afford to be too precious about their jobs.

Author Miya Tokumitsu says a 'Do what you love' mantra can be harmful.

Love takes time

There's nothing wrong with pursuing your interests — or a career that you think you'll find fulfilling. But, the idea that you're going to fall in love with your job on Day 1 is just unrealistic.

SPLITSVILLE, AGAIN

Robin fosters doubt

I'm starting to have trouble keeping up with this one. So: In January 2014, House of Cards star Robin Wright and boyfriend Ben Foster announced they were engaged, but come November 2014 they'd called it off. But then in January of this year they were back together, with plans to tie the knot back on and everything, reuniting publicly on the Golden Globes red carpet. Well, apparently it didn't stick, as E! News reports that they've broken up and called off the wedding plans yet again. And apparently this time they've been keeping quiet about it, as the split reportedly happened a couple of months ago. Who wants to start taking bets about when they'll be back together? I'm going to go with by the Emmys next month.

NED EHRBAR/METRO IN HOLLYWOOD

NEW ROMANCE

Sandy's arm candy

Sorry, guys. Sandra Bullock is taken. The Oscar-winning actress has been pretty quiet about her personal life since her marriage to Jesse James imploded back in 2010 and adopting son Louis that same year, and now People magazine reports that she's been quietly dating photographer and model Bryan Randall for "several months." Several months! Several! Things are apparently going so well between the couple — who were spotted out having a romantic dinner late last week — that Bullock reportedly brought Randall along as her date to Jennifer Aniston and Justin Theroux's secret backyard wedding earlier this month.

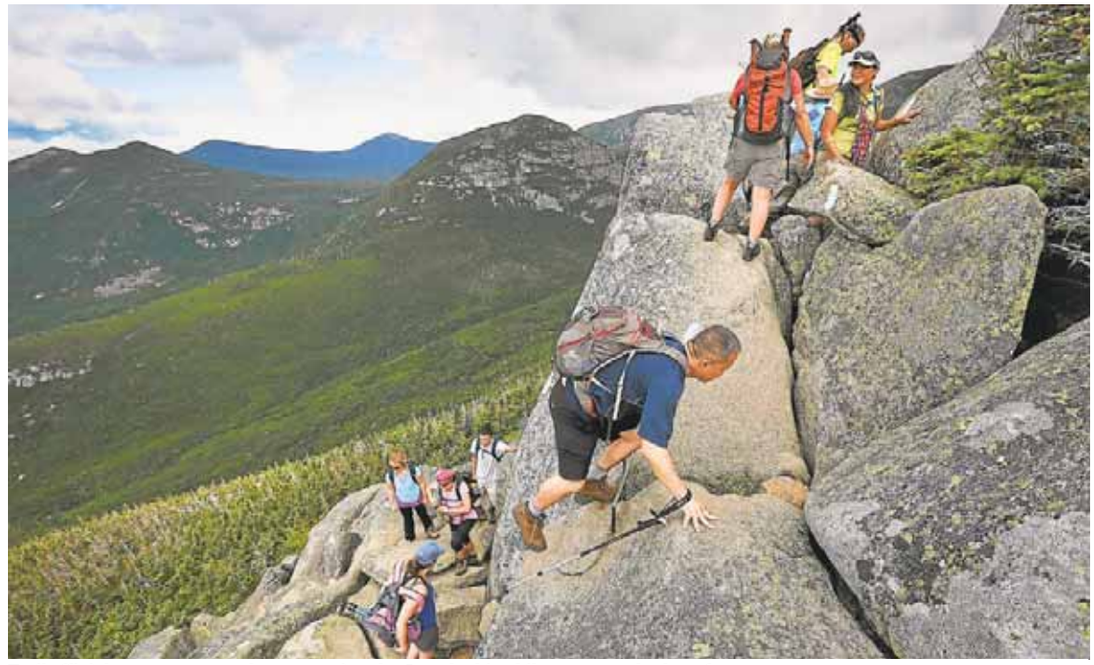
NED EHRBAR/METRO IN HOLLYWOOD

BIG BROTHER BOOT

Tila's past bites back

Hey, remember Tila Tequila? We haven't heard from her in a while. Well apparently she was, until very recently, a part of the new season of Celebrity Big Brother in the U.K., but producers decided to give her the boot a bit early — and not because she didn't qualify for the "celebrity" part of the title. The MySpace-spawned personality earned the ire of the show's team because of a 2013 Facebook rant defending Adolf Hitler. "When (it was) brought to our attention, she was called to the Diary Room for a discussion with producers and was subsequently removed from the house," a spokesman tells the Independent. But don't worry, the new season still has such luminaries as Daniel Baldwin, Jenna Jameson and Teen Mom star Farrah Abraham.

NED EHRBAR/METRO IN HOLLYWOOD



Trail officials say some people are treating the Appalachian hike as a months-long frat party. ROBERT F. BUKATY/THE ASSOCIATED PRESS

Take a hike! Parks not wild about 'tude

A WALK IN THE WOODS

Concern about bad behaviour grows as use of trails explodes

With last year's release of the movie Wild about a woman's journey on the Pacific Crest Trail, and what experts call a growing interest in outdoor activities, the number of people on the Appalachian Trail has exploded.

And the numbers are only expected to climb further after A Walk in the Woods — a movie based on the 1998 Bill Bryson book about the Appalachian Trail — hits theatres this week.

The growing number of hikers is becoming a management nightmare at Maine's Baxter State Park, home to the trail's final summit on Mount Katahdin, officials say hikers are flouting park rules by openly using drugs and drinking alcohol, camping where they aren't supposed to, and trying to pass their pets off as service dogs.

Officials say they also believe the culture and attitude of the people using the footpath is changing.

Jensen Bissell, director of the park, said in a letter to the Appalachian Trail Conservancy late last year that hikers are "open and deliberate in their desire for freedom from all rules and regulations." He warns that the trail may need to end somewhere besides Katahdin if something doesn't change soon.

Reese Witherspoon in Wild. CONTRIBUTED

"If we have 2,000 hikers now, how will it be when we have 3,500 or 4,000 hikers?" Bissell said.

More than 830 people completed the 2,189-mile hike last year, up from just 182 in 1990, according to the Appalachian Trail Conservancy, based in Harpers Ferry, West Va. At Baxter, the number of registered long-distance hikers grew from 359 in 1991 to more than 2,000 in 2014.

Hundreds of miles away, misbehaving hikers contributed to a small Pennsylvania community's recent decision to shutter the sleeping quarters it had offered for decades in the basement of its municipal building.

Some say there appears to be a growing sense of entitlement among hikers, many of whom are just out of college or have enough money to leave work for months at a time.

"We had to take off half a year of working, and not a lot of people can do that," Karl Berger, a 24-year-old Maine resident known on the trail as GQ, said from a camp site in Baxter, where he was resting with his father before finishing the hike up Katahdin.

"I don't think a lot of hikers acknowledge that it's a privilege to be out here."

Many hikers said they believe the concerns are being overblown.

THE ASSOCIATED PRESS

GOSSIP BRIEFS

Two Marines woo Rousey to be their date at USMC ball

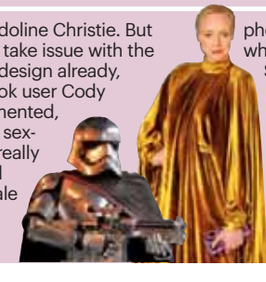
Hey, remember that trend of Marines taking to social media to ask famous people — like Mila Kunis, Kim Kardashian and Justin Timberlake — to be their dates to the USMC Ball?

Well, it's back. This time, U.S. Marine Corps member Jarrod Haschert is hoping his video proposal makes its way to UFC champ Ronda Rousey — when she's in a good mood, at least.

Here's the thing, though: Another Marine, Guam-based Sgt. Thomas Pereda, already put out a video asking Rousey earlier this month, and I'd find it tough to believe they're the only Corps members with their eye on her. This could get awkward. NED EHRBAR/METRO IN HOLLYWOOD

Empire strikes back in Phasma-tic way

All we know about the new Star Wars movie character named Captain Phasma is that she's a high-ranking baddie in a chrome Stormtrooper uniform that comes with a kicky cape. Oh, and that she's played by Game of Thrones star Gwendoline Christie. But some fans take issue with the character design already, as Facebook user Cody Paul commented, "Not to be sexist but it's really hard to tell that's female armor for me" on a photo of Phasma. Well, whoever's handling the Star Wars Facebook page is awesome, because they replied simply, "It's armor. It doesn't have to look feminine." Right on. NED EHRBAR/METRO IN HOLLYWOOD



metro SPORTS

Tokyo won the Little League World Series, overcoming an eight-run deficit to beat Lewisbury 18-11

Johnson grabs running back job with two hands

CFL

Kevon Walker replacement rushes to three touchdowns

SUNDAY In Ottawa

REDBLACKS	RIDERS
35	13

Jeremiah Johnson took full advantage when opportunity came calling.

Johnson scored three rushing touchdowns as the Redblacks downed the Saskatchewan Roughriders 35-13 on Sunday, three days after Ottawa released international running back Chevon Walker.

Johnson replaced Walker in the starting lineup.

"I did what I was supposed to do. This is nothing different for me," said Johnson, who has now doubled his number of rushing touchdowns this season to six. "The organization gave me an opportunity and I'm ecstatic with my performance.

"Those guys up front did a tremendous job. They went out there and hit everybody in the mouth and I just made the necessary plays to make things happen."

The Roughriders, who had their second lowest point total in a game this season, fell to 0-9. They scored just five points in a 35-5 loss to the Edmonton Eskimos on July 31.

After a tight first half that had Ottawa (5-4) in front 14-10, the game took a huge turn in favour of the Redblacks over a span of three minutes and 44 seconds from the end of the third quarter and into the fourth.

Ottawa scored 21 points in that span to take a 35-10 lead and control of the game.

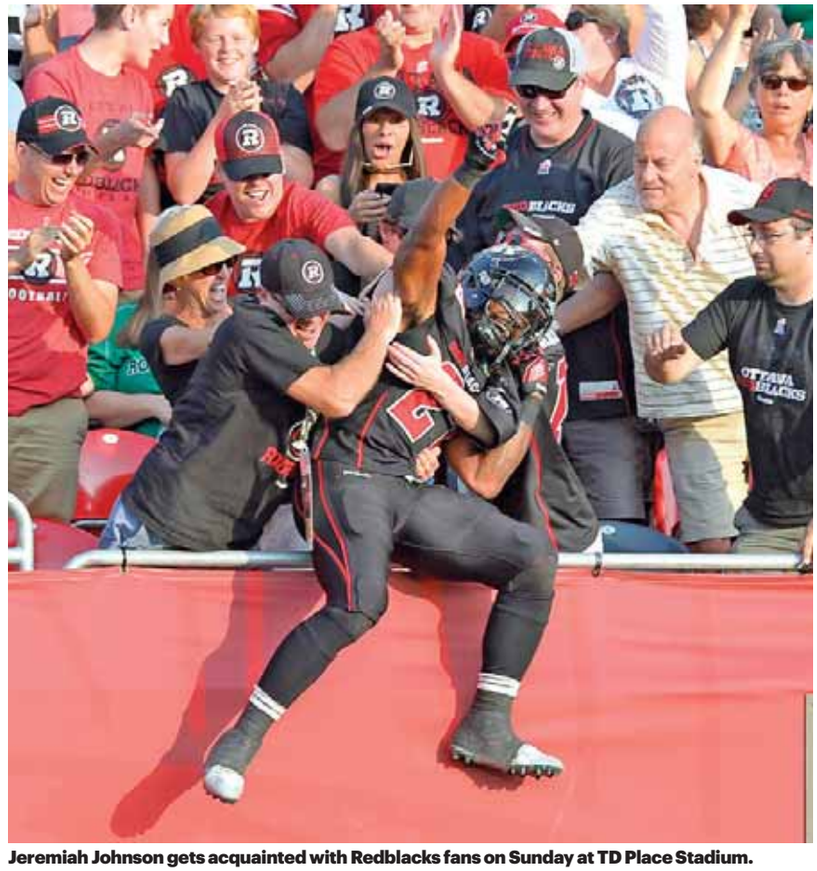
It started with 3:09 to play in the third quarter when Johnson scored a one-yard touchdown run that once converted by Chris Milo, gave the Redblacks a 21-10 lead.

On the ensuing series, Ottawa recovered a Saskatchewan fumble and Johnson scampered in from 36 yards out on the next play for another score and a 28-10 lead.

Another Riders' fumble late in the third quarter was converted into points on a one-yard run from Ottawa quarterback Henry Burris 35 seconds into the fourth quarter.

Milo then converted his fifth touchdown of the day and the Redblacks were cruising with a 35-10 lead.

Paul McCallum kicked a 28-yard field goal with less than seven minutes to play, cutting the Saskatchewan deficit to 35-13. THE CANADIAN PRESS



Jeremiah Johnson gets acquainted with Redblacks fans on Sunday at TD Place Stadium. JUSTIN TANG/THE CANADIAN PRESS

IN BRIEF

Day has his way in N.J.

Jason Day powered and putted his way to another blowout against a world-class field Sunday at The Barclays.

Fresh off his first major at the PGA Championship, Day pulled away early and poured it on with three long birdie putts on the back nine at Plainfield in Edison, N.J. A birdie on the closing hole gave him an 8-under 62 for a six-shot victory over Henrik Stenson.

Day finished at 19-under 261.

The win moves the 27-year-old Australian to the top of the FedEx Cup after the opening playoff, assuring Day will be among the top five who have a clear shot at the $10 million bonus at the Tour Championship. THE ASSOCIATED PRESS

Canada's Drouin wins world high-jump gold

Canada's Derek Drouin captured gold in high jump at the world track and field championships in Beijing on Sunday.

Derek Drouin THE ASSOCIATED PRESS

The 25-year-old from Corunna, Ont., was the only jumper to clear 2.34 metres in a jumpoff.

The competition was decided in a jumpoff between Drouin, Ukraine's Bohdan Bondarenko and China's Zhang Guowei. THE CANADIAN PRESS

MLB

Blue Jays' bats giving Martin that championship feeling

When Mark Buehrle won a World Series with the Chicago White Sox in 2005, he constantly felt like no matter the deficit they'd win the game. The 2015 Toronto Blue Jays are similar, only with a super-sized offence.

"Here, shoot, if we don't score eight runs, we had a bad day," Buehrle said after a 9-2 win against the Detroit Tigers on Sunday afternoon at Rogers Centre. "We're confident. We're coming to the field every day thinking we're going to win."

The Blue Jays have reason to feel that way. After sweeping the Tigers, they're 21-5 in August and lead the AL East by 1-1/2 games over the New York Yankees.

On Sunday, Toronto provided everything that has become commonplace since a flurry of pre-trade-deadline moves: An offensive onslaught, strong pitching and reliable defence in front of a sellout crowd. Russell Martin and Kevin Pillar each hit two-run home runs, Josh Donaldson and Edwin Encarnacion each had solo shots, and the Jays added to their major-league best run production.

"If this isn't the feel of a championship team, I don't know what is," Martin said. "I feel like we're great offensively, we're great on defence, we're pitching great, our bullpen has depth. I like what we have going right now."

SUNDAY In Toronto

BLUE JAYS	TIGERS
9	2

Encarnacion continued his torrid hitting by going 2-for-3 with his 30th homer. He extended his hitting streak to 25 games and is three short of Shawn Green's franchise record set in 1999.

Encarnacion is hitting .409 with 11 home runs and 35 RBIs in that time. His first-inning home run gave him 35 RBIs in August, setting a Blue Jays record for any month.

In Saturday's 15-1 rout of the Tigers, Encarnacion hit a two-run home run, a three-run home run and a grand slam.

With nine RBIs, Encarnacion tied Roy Howell's franchise record from 1977. THE CANADIAN PRESS

Edwin Encarnacion extended his hitting streak to 25 games with a first-inning home run Sunday. CHRIS YOUNG/THE CANADIAN PRESS

RECIPE Steak Sandwiches with Sautéed Onions, Peppers and Avocado Mash

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 15 minutes
Cook time: 15 minutes
Serves 4

Ingredients
- 12 oz lean steak such as flank or top sirloin
- 2 tsp vegetable oil
- 2 cups sliced onions
- 1 tsp minced garlic
- 1 cup sliced yellow bell pepper
- 1 cup sliced red bell pepper
- 2 Tbsp chopped cilantro or basil
- 1 medium ripe avocado diced
- 2 Tbsp light mayonnaise
- Pinch of salt
- 4 sandwich rolls or baguettes, cut into 3 oz portions

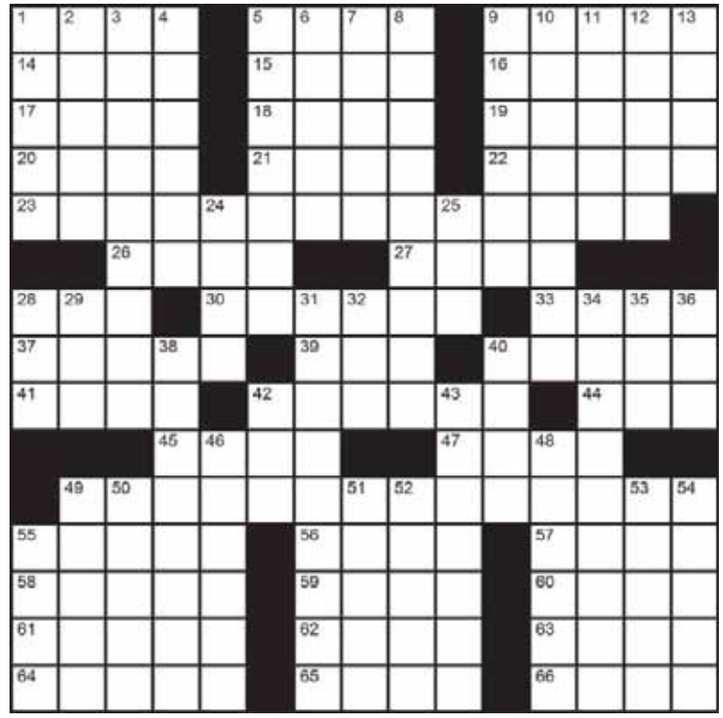
Directions
1. In a grill pan or BBQ, sear meat on both sides, then cook until desired doneness. For rare, cook to 125 F, approximately 10 minutes. Let sit for 10 minutes, then slice thinly across the grain.
2. Meanwhile in a large heated skillet, add oil and onions and sauté on a medium heat for 10 minutes, or just until tender. Add garlic and bell peppers and sauté for five minutes. Add cilantro.
3. In a small bowl, mash avocado with mayonnaise and salt until still chunky.
4. On one half of each roll, spread with avocado mash, then add sliced meat and grilled vegetables, top with other half of bun.

Nutrition per serving
- Calories 520
- Protein 31 g
- Carbohydrates 64 g
- Fibre 7 g
- Total fat 17 g
- Saturated fat 4.5 g
- Cholesterol 35 mg
- Sodium 550 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Scissors sound
5. Antarctica's Prince __ Coast
9. Guns N' Roses member
14. Sharpen skills
15. Choir member's garb
16. Name of Parks Canada's cute little beaver mascot
17. Monica Geller's brother
18. Dr. Frankenstein's helper
19. Atlantic __
20. Condo purchase
21. Some trees
22. Verbal tests
23. American general who led his men on a calamitous march on Quebec City in 1775: 2 wds.
26. Dundee's animal in movies, casually
27. Flip
28. Three Dog Night hit
30. Like a god
33. Flippant talk
37. Green/grey songbird
39. Void: French
40. Bring forth
41. Son of Garden guy Adam
42. Artificial
44. Arctic explorer John
45. To be, in ancient Rome
47. Shell
49. Fish dish popular in Manitoba: 2 wds.
55. __ blanche
56. Actress Ms. Summer
57. Lemony
58. Towards the ship's left side
59. __ __ it (Is a conspirator)
60. Hautbois
61. Frenzied
62. Hair dye
63. Skeleton part
64. Prepare mentally
65. Verbal head nods
66. Shade of blue ... or green

DOWN
1. Pruned plant
2. Nary a soul: 2 wds.
3. Phony
4. Annoy
5. Opening
6. Someone smart's specialty
7. Terminate
8. Multi-functional
9. "Nova Heart" is by what Canadian band?
10. Canada's national summer sport
11. "Is that _ __ diamond?" (Ring purchaser's query)
12. Ancient poet of Scandinavia
13. Danish writer, __ Christian Andersen (b.1805 - d.1875)
24. Extinct bird of Mauritius
25. Bird of myth
28. Latin roe
29. Calligraphy need
31. Metropolis area: 2 wds.
32. Stuff in the dog brush
34. Accommodating
35. Tasman, for one
36. __-Julie, Quebec
38. 'E' of GE
40. Ho-hum
42. Expend
43. Specialties of SNL alum Fred Armisen
46. Draw
48. Embark: 2 wds.
49. "__ Got a Brand New Bag" by James Brown
50. Literary trope
51. "Sesame Street" puppet
52. "Bleeding Love" singer Ms. Lewis
53. Sweden's money
54. Take, thief-style
55. Kitschy

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The way to resolve some kind of crisis is to approach it indirectly. There is no point being blunt or direct because it will only hurt others' feelings and make matters worse.

Taurus April 21 - May 21
No matter how hard you try to get along with someone it never seems to work. Isn't it about time you got the message and severed ties with them entirely? If you must, give it one last go but then call it a day.

Gemini May 22 - June 21
There will be major changes over the coming week and they will be the kind of changes you can do little about. The good news is that more enjoyable times are on their way.

Cancer June 22 - July 23
Greet the week with a smile because if you start off on the wrong foot you won't get much done. Neptune, planet of illusion and confusion, will make things look worse than they are. Don't be fooled.

Leo July 24 - Aug. 23
It's good to have high expectations but don't pass up an opportunity just because it fails to meet your stratospheric standards. The opportunity may not seem remarkable but it is what you choose to make of it.

Virgo Aug. 24 - Sept. 23
If you want others to do things for you then you'll have to do something for them. Someone will help you realize your ambitions, but not for free.

Libra Sept. 24 - Oct. 23
You may get a bit touchy if someone you thought was on your side makes a big deal out of some minor mistake you made. What you have to realize is that from their point of view it is a much bigger mistake.

Scorpio Oct. 24 - Nov. 22
You will take some kind of risk as the week begins. With Venus moving retrograde through the career area of your chart be careful you don't upset people in positions of power.

Sagittarius Nov. 23 - Dec. 21
You may have only limited control over what other people say and do but you have total control over what you say and do. Keep that in mind this week.

Capricorn Dec. 22 - Jan. 20
The planets warn this is not a good time to make major moves, especially where money is concerned. It may seem as if you are on a sure-fire winner but looks can be deceptive.

Aquarius Jan. 21 - Feb. 19
Someone in your social circle has been taking a lot of liberties of late. Let them know that enough is enough. Will it put your friendship at risk? Maybe, but rather that than they keep using you as a doormat.

Pisces Feb. 20 - March 20
Your words could have a negative effect on an important relationship. Yes, the other person is touchy but that's just the way they are, so make allowances.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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